The Repeater

The W6VVR Newsletter

The Newsletter for June 2024

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THE VACA VALLEY RADIO CLUB WELCOMES YOU

The Vaca Valley Radio Club has proudly served the Northern Solano County Area since 1988. We pride ourselves in providing a friendly place for radio amateurs to meet and improve their operating skills.

We participate in public service events throughout the year and are always ready to assist with communications during times of emergency.

Browse our website for more information about our club. If you have any questions, please e-mail us at w6vvr@w6vvr.net or call 707-448-5665 for assistance.

The Repeater is Published by the Vaca Valley Radio Club, PO Box 143, Elmira, CA 95625- 0143.

An ARRL Affiliated Club. Founded 1987, Chartered 1988.

General Meetings: 2nd Thursday of each month at 7:00 PM See the directions on the last several pages.

Meetings Are Wheelchair Accessible

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A Message from The Editors of The Repeater

FIRST –
Let me apologize to everyone for the size of this months newsletter!

Due to the volume of information I am conveying about safety and staying healthy while participating in Field Day, the newsletter is MASSIVELY HUGE!

If your not participating in field day, well…. There really still is a lot of information in this newsletter for you this month. Read what interest you and think about you and your families safety

With that out of the way:

Welcome to June! If you aren't already planning for it, you need to consider your Field Day plans! As of the posting of this newsletter, there are only 21 days left until Field Day!

This June, we will skip our Letters From the Board Members, the ICS training, the Learning Corner, because of field day information. All of those things will return in July. I promise.!

There is a link to the 13 colonies event that starts on July 1st, and ends on July 7th.
I included that because it starts right on the first of July.

We will take a look at professionalism. How we are perceived by both our served agencies and the public and how we undermine the amateur radio community when we are less than professional.

We will visit food safety for hiking and camping.

We will learn about heat related illnesses.

We talk about staying hydrated even if all you are doing is sitting. And with the winds at Brannan Island, you can easily get dehydrated before you realize it.

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We talk a little bit about cold weather

We will explore generator safety.

We have an article about gasoline safety.

We have the directions to Brannan Island coming from Vacaville, Fairfield, and Susuin along highway 12. The map starts outside of Rio Vista since once you get on highway 12 at Walters road in Susuin it is nothing but farmland.

Also included are the site safety inspection sheets for **EVERYONE** attending field day to print out and plan ahead for their site inspections, and the emergency information list if you are not attending the June meeting.

This includes EVEN if you are only doing it for the day.

So! Dig in! Read a little, learn some things, and most of all- ENJOY!

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Special Event For July!!!

It's that time of year again when our country celebrates its declaration to be independent from British rule. In honor of that celebration, various stations from the original 13 colonies, Great Britain, and France will once again be celebrating with the 13 colonies special event.

The contest runs from 0900 Eastern Time, July 1st through 2359 Eastern Time, July 7th.

Why not get on HF and give it a try? Who knows? you might make the clean sweep!

This is a link to further information: http://www.13colonies.us/

GOOD LUCK!

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June Field Day Is Coming!!!

This years Field Day is set for the weekend of Friday, June21st, through Sunday, June 23rd.

The location selected is – Brannan Island State Recreation Area.

We will be using the Cottonwood Campgrounds again. The same site we used last year.

The campgrounds were pretty good for camping however if you wish to shower it is $0.25 for 3 minutes of shower water

and

For those that weren't there last year, the one down side of the campgrounds is that it has fox-tail everywhere. And no it doesn't matter where you walk, it is guaranteed to get on you. It may have been mowed for this year but I would plan ahead on it still being there.

I recommend buying a pair of leg gaitors such as these :

BZTAC-Protection-Anti-Tear-Waterproof-Breathable Gaitors

They might save you countless hours pulling fox-tail out of your clothing.

Make your reservations soon as it is already filing up.

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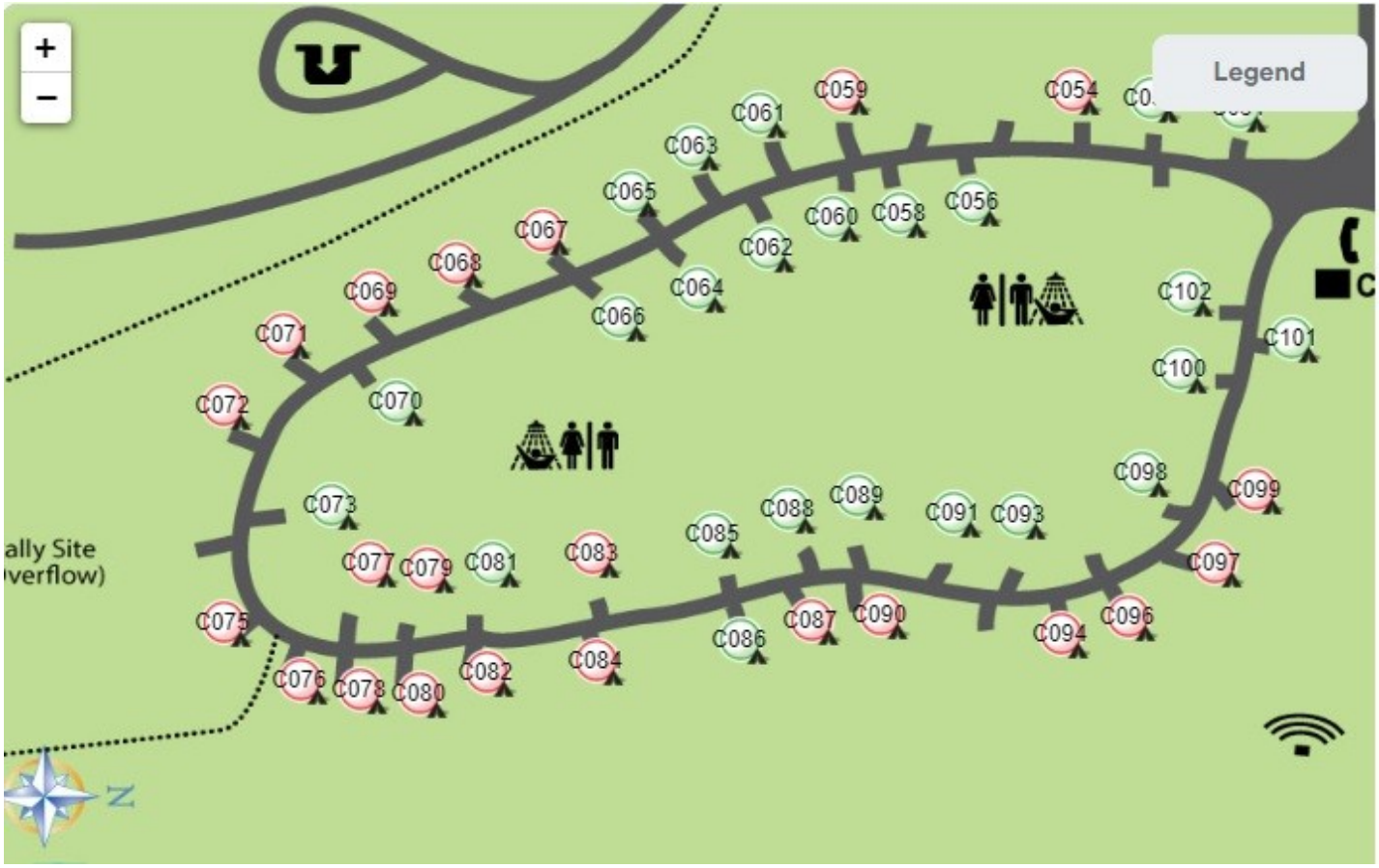

The RED circles are booked sites

We are looking to use the south end of the Cottonwood campground.

As of May 31st, the following sites were already reserved: C54, C59, C67, C68, C69, C71, C72, C75, C76, C77, C78, C79, C80 , C82, C83, C84, C87, C90, C94, C95, C97, and C99.

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The following club members have reserved these sites for camping from the list of reserved sites above:

Tim	KK6ONQ	69
Kellen	KN6ETB	75
Stephen	KK6ZJC	76
Dan	N6ETR	77
Stephen	KK6ZJC	78 *** TO BE USED FOR DIGNITARY AND GUEST PARKING
Servando	K6SRV	79
Bryan	KB0A	80
Chris	KJ6DLF	82
Don	KM6INR	83
Bob	KM6BXZ	87

The following club members have indicated they are planning on camping but we do not have a list of sites for them:

Art Aronsen.	WD6BQX
Doug Riddick	KN6HTB
Gary Arnold	KN6UOF
Douglas Dreger	KI6UJH
Trevor Raty	KG6MDW

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The following club members have indicated they are planning on visiting for just the day but will not stay.

Bob Baffico	KO6BUE
David Little,	KN6RCA
Franklin Boots	W6GP
Jackie Post	KM6ZUM
James McLaughlin	
Jim Earl	K6KCP
Mark Fitzgerald	KO6CSM
Ralph Anthenien.	K6RAA
Vince Jimenez	KM6QLB
Will	W6SRX
Mitch Martin	WU1Q

Below are links to the campgrounds.

This is the link to the Campground site:

Brannan Island State Recreational Area

This is the link to the site to make reservations:

https://reservecalifornia.com/Web/

We are looking forward to seeing you there this year!

73

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Due to the volume of information about Field Day, I will not be doing the third installment about the incident command system – ICS-200

We will resume the educational section in July.

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Due to the volume of information about Field Day, I will not be doing the learning corner this month.

We will resume the learning corner in July.

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Professionalism

How the public and served agencies see us and interacts with us is dependent upon many factors.

Everything from how we act to the way we dress affects how we are perceived.

When we are performing our duties as communicators for a public service event or a public service agency, we should be mindful of how we are being observed and judged. And YES, every time we make a public appearance, WE ARE BEING JUDGED. Not just by the agency but by the public at large.

Below are largest factors in how we are seen as professionals:

DO WE KNOW WHAT WE ARE DOING?

Message passing:

Are we properly trained in message passing?

When we pass a message to net control, are we speaking slow enough for net control to write down the message?

When we are receiving a message from net control, do we have a way to write it down and ensure we have written it as received?

Did we change anything in the message? We are only to read the message as it is written, not be the grammar police. How the message is given to us is how we are to send it. When we receive the message, we are only to write it down as it is sent to us. We don't correct spelling mistakes, we don't add, change, or remove punctuation.

We need to train ourselves to slow down when we pass a message. Speed is an enemy that can't be afforded when messages must be sent correctly.

When we are acting on behalf of a served agency, all messages MUST be written by the person who authorized the message to be sent. We keep track of whom we sent the message to, and what stations it passed along the way.

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ALL MESSAGES BECOME PART OF THE SERVED AGENCIES RECORDS.

Any mistake or changes we make when sending or receiving a message can subject the served agency, our club, and right down to ourselves, to a potential negligence lawsuit.

How often do you practice sending and receiving a message so you can do so correctly?

Our Equipment:

Are we efficient in setting up our equipment to be ready within an hour, from the time we arrive, at the longest? Or does it take us hours to set up and be ready with broken equipment or missing parts along the way? We should have a list of our equipment that we need to take with us so we don't forget that power cord or the microphone or the operating manual. Do we use the equipment almost daily so we are completely familiar with it? What good is it to have a radio that we don't use and are unfamiliar with? We shouldn't have to start looking things up in the manual during an emergency. We should be using it to be proficient with its controls and features.

Practicing:

We should be doing monthly drills to ensure we can set up our equipment with ease, and correctly every time. In pairs, (or with a willing spouse), we can use a local park near our homes to practice, operating SIMPLEX, for an hour or two, so we learn not to be reliant on the repeater and (which lets the public see us in action), to judge our communications ability, then break down and meet on zoom for a follow up meeting to discuss issues.

HOW IS OUR BEHAVIOR?

Are we making jokes, being disrespectful, not paying attention? Are we not treating the people or situation seriously? Things such as that can influence how we are seen by both the public and the agency we are assisting.

If the agency does not like what they see, and if we are lucky, the served agency will only ask us to send the offending party home, if we are unlucky, we WILL all be asked to leave and never return.

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If the agency does that, I can assure you, it WILL be years before we are ever invited back, and that is with years of trying to smooth over the ruffled feathers we have caused.

REMEMBER: *It is difficult to make lasting relationships, but destroying them can be done by just one persons actions in minutes.*

When that happens we tarnish not only the clubs reputation, but all of the amateur radio community as a whole. And if you honestly think served agencies don't communicate among themselves about events and the assistance they had, think again

ARE WE SERVING OUR AGENCY OR ARE WE DEMANDING THINGS FROM THE AGENCY?

WE ARE THERE TO SERVE THE AGENCY, we should not be expecting ANYTHING from them nor should we be "demanding" anything be done for us. We need to work within the constraints of the agency we are serving.

WE ARE THERE FOR THEIR NEEDS, not to be pampered by them with our whims or wants.

We should be as self sufficient and invisible in our actions as possible. Obviously the served agency has to provide us a place to set up, but beyond that, we should not need anything else from the agency to act as communications for the agency.

We should not be asking the agency for meals, for water, not even a place to rest.

Each of us is responsible for what a served agency see us as.

If any of us demand anything from the served agency, then, as above with our behavior, we might be lucky, and the served agency will only ask us to send the offending party home. if we are unlucky, we WILL be asked to leave and never return.

If the agency does that, I can assure you, it WILL be years before we are ever invited back, and that is with years of trying to smooth over the ruffled feathers we have caused.

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Meals

Following along with self sufficiency, we should also be self sufficient with our meals. By relying on ourselves, we lighten the burden of the served agency. Plus it ensures we eat what we like as opposed to what the agency is serving. And for those with medical conditions, being able to eat what you need is better than eating something you shouldn't, but have no choice on.

Drinks

As professionals we need to be ready at any time. Once we are on site we should only have water, tea, coffee, soda, milk. and iced tea.

We should not bring any alcohol products with us, even to consume during our down time. We need to be able to respond to any changes in our situation. If we were to have to evacuate the area and have been drinking, it will become a huge problem. If you drink during your down time and are suddenly needed, you may not be fit to perform the duties we are there to perform.

If someone were to see you drinking they could say we are nothing but a bunch of drunks. Again we can be perceived as less than professional by having alcoholic beverages.

Avoid alcohol for any reason.

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REMEMBER:

Each of us is responsible for what a served agency and the public see us as.

If the served agency doesn't see us as anything less than professionals, we will never be called upon again.

If the public doesn't see us as professional, they sure are not going to come to us for assistance, EVEN IF WE ARE THE ONLY MEANS TO COMMUNICATE FOR THE PUBLIC.

They will find someone else who can assist them, whom acts and looks professional, or they will just give up on being able to send messages to people..

When that happens we tarnish not only the clubs reputation, but all of the amateur radio community as a whole

Lets show everyone that we can be professional and know what we are doing.

Lets improve the image of amateur radio, and, perhaps, get a few new operators along the way.

Each of us as individuals has a job to do, to prove we are professionals, even though our hobby is called amateur, lets live up to the standards of professionals.

That's all I have about professionalism

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Lets discuss clothing when we are at an event or in the public eye.
Or
How to dress as if we are professionals.

Police, fire, military, nurses, doctors, emt's, even garbage men, all have the same outfit when they work. Granted nurses scrubs may be individualized but they still all wear scrubs.

ARE WE DRESSED SIMILARLY, AS IF WE HAVE A COMMON GOAL TO BE PROFESSIONAL, OR ARE WE DRESSED WEARING WHATEVER WE PUT ON THAT DAY WHEN WE SHOW UP TO ASSIST IN AN EVENT OR ARE OUT IN THE PUBLIC EYE?

If we want to be seen as professionals, we also need to dress the part.

When we are asked by an agency to assist them we should strive to be always dressed appropriately. Everyone wearing the same clothing as though we are coordinated. No matter what location we are responding from, we should still be able to coordinate our attire as a whole.

We should still think of weather conditions, duration, hazards etc for additional clothing items.

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The following is ONLY A PROPOSAL for an outfit we could consider for all of the club members to be using for ALL club activities and events. (And yes ladies, this would even be the outfit for you. No favoritism. No fashion decisions.) Feel free to add your own input about how you feel we should make ourselves look more uniform and professional.

The club would have to do a full member vote on it before anything is decided.

We obviously should ALWAYS wear a safety vest, safety green in color. (Yes, that is what that bright greenish yellow color is called). Even if
we are wearing a rain suit or a heavy coat.

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Depending upon the weather we could also opt for a sweatshirt in safety green, or if it is cold enough, a coat in safety green.

For inclement weather, we should have a rain suit at the ready. Again, high visibility since we will be outside.

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A safety shirt, safety green in color. The safety shirt could be either long sleeve or short sleeve depending upon the weather conditions and comfort:

Our pants should also be the same, jeans which are blue or black, one color for everyone. Perhaps the color to be voted on at a meeting. If possible, the same brand as well for the jeans. I am suggesting jeans since they are more durable than dress pants.

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As an alternative to the safety shirt and jeans, we could buy an outfit from someplace like the 511 store that could be a set of tactical BDU's. Perhaps TDU green, Khaki or Black. I know those would be durable but they would also run about $150-$175 for a shirt and pants. Each item is about $75-$80 apiece.

It is a bit pricey as an alternative to jeans and safety shirts but they are durable.
The reason I suggested to do jeans is the cost. A lot of us are on fixed incomes and don't have $200 to put into an outfit that might only be used one or twice a year.

Here is the link to the pants: look at all 3 color choices and make your own notes.

https://www.511tactical.com/flex-tac-174-tdu-174-ripstop-pant.html

Here is the link to the short sleeve shirt: look at all 3 color choices and make your own notes.

https://www.511tactical.com/flex-tac-174-tdu-174-ripstop-short-sleeve.html

Here is the link to the long sleeve shirt: look at all 3 color choices and make your own notes.

https://www.511tactical.com/flex-tac-tdu-ripstop-long-sleeve-shirt.html

The short sleeve could be used during the summer and the long sleeve for the winter.

A black belt, 1 1/2 inches wide, with a basket weave design and a gold belt buckle should be worn with the pants. This should be strong enough to support a radio easily.

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Our shoes should also look like we are professional. Work boots, black in color and steel toe as well. They should also support the ankle. You wont be of any use if you are down from a broken or sprained ankle.

And with those work boots don't forget gel insoles or arch supports in case we are standing for long periods of time.

And the most important part of those work boots is:

BREAK THEM IN BEFORE YOU NEED THEM.

Sitting around with blisters on your feet while working is painful and miserable. Once you buy them, wear them for a few hours every other day until they are broken in. No one can afford to be side lined by foot problems during an activation.

We should have a hard hat with us just as a precaution.

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We should have a hard hat with us just as a precaution.

A hard hat is needed for times we are erecting our antennas, mast, or there is a chance of objects falling. We should be wearing a hard hat any time we are setting equipment up above our heads. For our own safety it should also be a Class E hard hat. Class E hard hats are designed to withstand 20,000 volts of electricity.

Sure a hard hat may not be comfortable to wear but it might protect you from being given brain damage or killed by a falling object.

We should always wear a hat when we are operating outdoors. It should be the same for everyone as well. It should protect us from the sun, such as a boonie hat with a neck guard. A light tan color to reflect the sun. Something such as this:

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We should always have our W6VVR badges on us to indicate who we are.

We also should not carry more than one Handheld radio on us. It should be in a holster attached on our belt with the microphone cord preferably wrapped around behind our body, so it does not dangle. The microphone should be able to be clipped onto our safety vest for easy access. Spare batteries, a charger, perhaps an extra radio, only in case our primary radio stops working, can be kept in the bag until they are needed.

Perhaps put a small duffle bag in the car and keep it always with your vehicle that contains a predesignated set of three outfits, that the club has voted on as our ‘uniform”, that we can change into if we are participating in an event or serving an agency. That way we are always ready to be seen as professionals no matter what the circumstances.

This is just something to think about..

73

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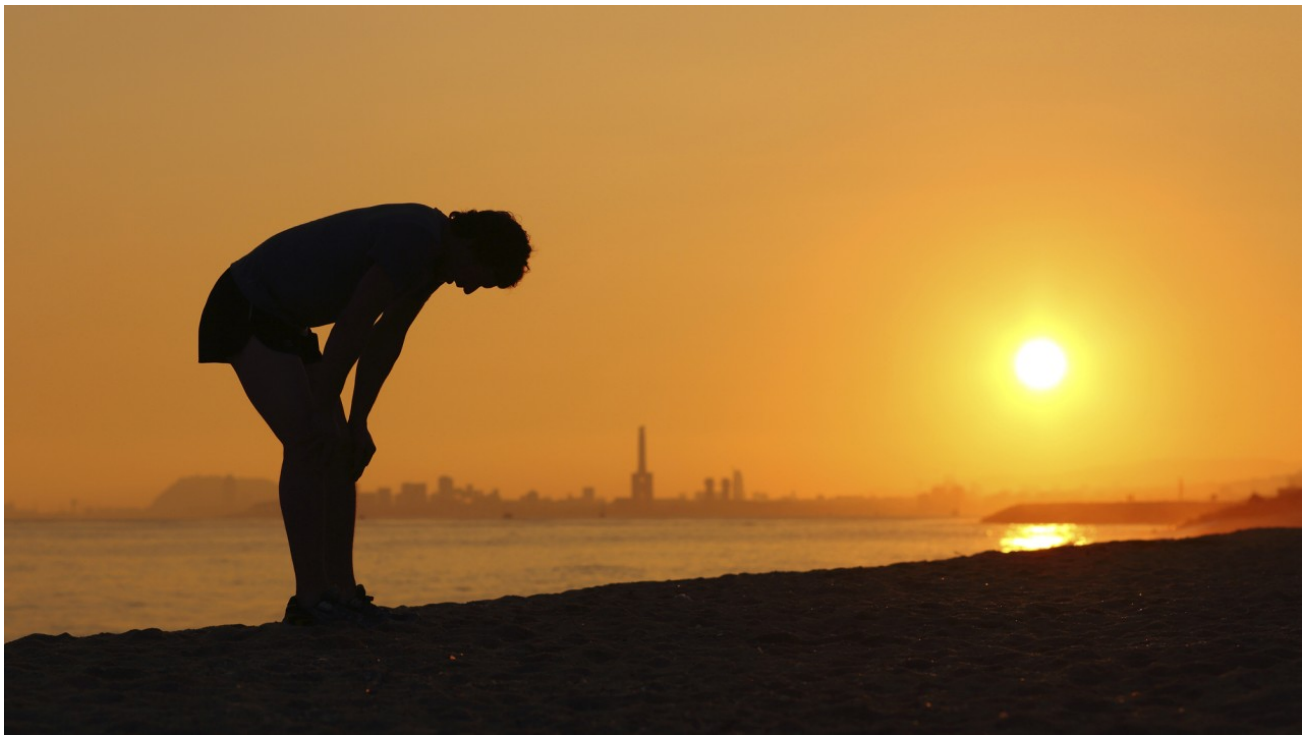
Heat exhaustion or heat stroke?
Know the signs of heat illness

Check weather.gov for the latest excess heat forecasts

If you are spending any time outside this summer, chances are you'll be exposed to a lot of sun, high temperatures and humidity.



How much heat can a person safely endure? It depends.

Much less visible and dramatic than hurricanes, floods and tornadoes, heat is considered the silent killer, affecting the lives and health of people across the country.

An average of 702 heat-related deaths occur each year in the United States, according to statistics from the Centers for Disease Control and Prevention (CDC).

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Certain groups of people should be especially careful during hot weather conditions.

For example, city-dwellers and those living in the upper floors of tall buildings or in heat-prone regions are most at-risk for heat-related illness. People who have difficulty getting around or who have health conditions are particularly susceptible. The elderly and the very young also merit special attention during periods of high heat and humidity.

NOAA's National Weather Service (NWS) and the Occupational Safety and Health Administration (OSHA) have also partnered to increase awareness for outdoor workers and their employers during excessive heat events. As part of this effort, NWS incorporates specific outdoor worker safety precautions when heat advisories and warnings are issued.

No matter what your job is or how you spend your free time, prevention of heat-related illness is key. Here's what you can do:

1. Be informed and stay alert

Pay close attention to heat advisories or warnings that have been issued for your community.

NWS continually updates heat-related advisories and warnings online at weather.gov. (Click on "Excessive Heat Warning" and "Heat Advisory" under the U.S. map — if there are no current warnings or advisories in the United States, nothing will appear).

NOAA issues excessive heat warnings when weather conditions pose an imminent threat to life and heat advisories when weather conditions are expected to cause significant discomfort or inconvenience or — if caution is not taken — become life threatening.

If you do not have internet access, you can get heat advisory and warning information by watching your local television or radio newscast or by purchasing a NOAA weather radio and tuning into NOAA Weather Radio All-Hazards.

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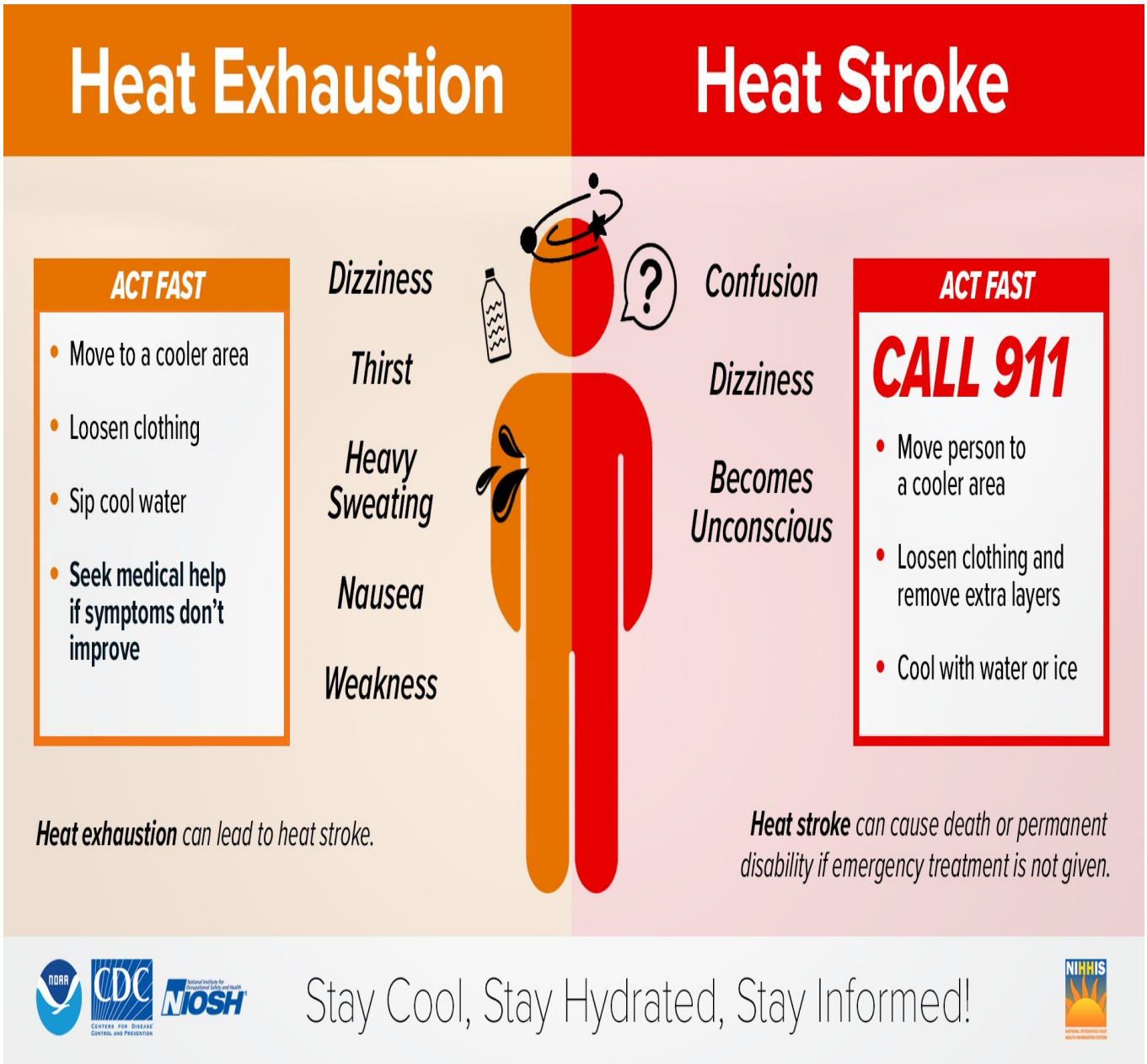
The image below gives a brief explanation of heat related issues



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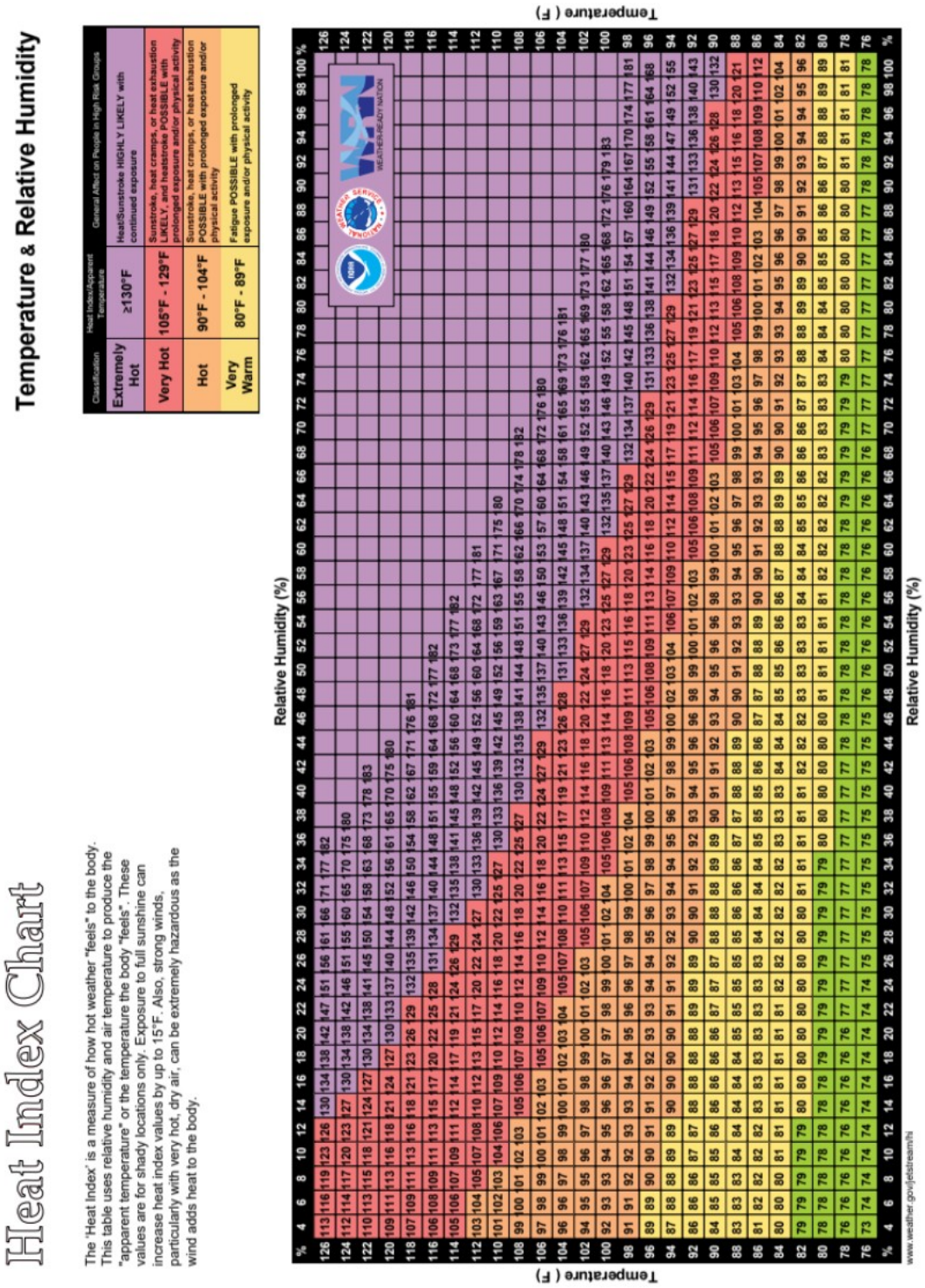
Use the temperature and humidity to figure out the heat index for your area, a measure that tells us how hot it feels.



Heat Index Chart

The 'Heat Index' is a measure of how hot weather "feels" to the body. This table uses relative humidity and air temperature to produce the "apparent temperature" or the temperature the body "feels". These values are for shady locations only. Exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous as the wind adds heat to the body.

Temperature & Relative Humidity

Classification	Heat Index/Apparent Temperature	General Affect on People in High Risk Groups
Extremely Hot	≥130°F	Heat/Sunstroke HIGHLY LIKELY with continued exposure
Very Hot	105°F - 129°F	Sunstroke, heat cramps, or heat exhaustion LIKELY, and heatstroke POSSIBLE with prolonged exposure and/or physical activity
Hot	90°F - 104°F	Sunstroke, heat cramps, or heat exhaustion POSSIBLE with prolonged exposure and/or physical activity
Very Warm	80°F - 89°F	Fatigue POSSIBLE with prolonged exposure and/or physical activity

Relative Humidity (%)

Temperature (°F)	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100
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www.weather.gov/jetstream/hi

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2. Plan for periods of extreme heat

Visit your physician for a check-up to find out if you have a health condition that may be exacerbated by hot weather.

Service your air conditioner before hot weather arrives, and obtain window fans to help cool your home.

Know where to go when weather heats up. Find cool indoor places to spend time on hot summer days, such as a local library, shopping mall, museum or aquarium.

3. Know what to do, and what not to do, in hot weather

Slow down, and reduce strenuous activity. Mow the lawn or garden in the early morning or late
evening instead of midday.

Dress in lightweight, nonrestrictive, light-colored clothing.

Drink plenty of water or other nonalcoholic fluids.

Eat light, easy-to-digest foods.

Seek out shade if you have to be outdoors for extended periods. Spend more time in air-conditioned places.

Check on elderly neighbors, friends and relatives to make sure they are okay.

When outside, take frequent dips in the ocean or pool, or mist yourself with a water bottle.

When inside, take frequent cool baths or showers and use cold compresses to cool off.

Apply high-SPF sunscreen frequently when outdoors.

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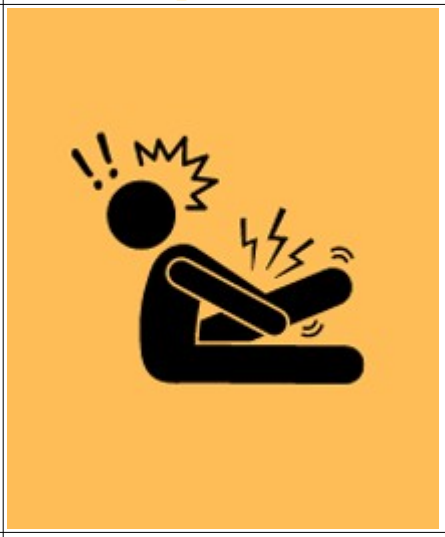
Seek immediate medical attention if you experience symptoms of heat illness. (See chart below for symptoms, likely conditions and treatment.)

SYMPTOMS	LIKELY CONDITION	WHAT TO DO
	Heat cramps	
Painful muscle cramps and spasms, usually in muscles of legs and abdomen. Heavy sweating.		Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water; if nausea occurs, discontinue water intake. Consult with a clinician or physician if individual has fluid restrictions (e.g., dialysis patients).
	Heat exhaustion	
Heavy sweating, weakness, cool skin, pale and clammy. Weak pulse. Normal temperature possible. Possible muscle cramps, dizziness, fainting, nausea and vomiting.		Move individual out of sun, lay them down, and loosen clothing. Apply cool, wet cloths. Fan or move individual to air conditioned room. Give sips of water; if nausea occurs, discontinue water intake. If vomiting continues, seek immediate medical attention. Consult with a clinician or physician if individual has fluid restrictions (e.g., dialysis patients).

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	Heat stroke	
Altered mental state. Possible throbbing headache, confusion, nausea and dizziness. High body temperature (106°F or higher) Rapid and strong pulse. Possible unconsciousness. Skin may be hot and dry, or patient may be sweating. Sweating likely especially if patient was previously involved in vigorous activity.		Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the individual to a hospital immediately. Delay can be fatal. Move individual to a cooler, preferably air-conditioned, environment. Reduce body temperature with a water mister and fan or sponging. Use air conditioners. Use fans if heat index temperatures are below the high 90s. Use extreme caution. Remove clothing. If temperature rises again, repeat process. Do not give fluids.

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Please remember:

DO NOT leave children, the elderly, or pets in the car for any reason, for any length of time. Remember: "Look before you lock." A dark dashboard or seat can easily reach temperatures in the range of 180 to more than 200 degrees F.

DO NOT stay in the sun for long periods.

DO NOT take salt tablets unless directed by a physician.

AVOID alcoholic beverages; they can dehydrate you and increase your risk of heat stroke and other potentially fatal heat-related illnesses.

Continued on the next page.

4. Know the warning signs of heat-related illness*

Too much exposure to heat can raise your body temperature to unhealthy levels and may make you ill — it can also be deadly. Take the precautions listed above and be on the lookout for these warning signs that you may be in trouble:

**Please note: This information is not a substitute for expert medical care. If you should experience any of the above symptoms, seek medical assistance/advice immediately. Call 911.*

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Staying Hydrated, Staying Healthy

Courtesy of heart.org

When the temperatures rise, getting enough water is important whether you're playing sports, traveling, or just sitting in the sun.

It's critical for your heart health

Drinking enough water keeps the body hydrated, which helps the heart more easily pump blood through the body. It also helps muscles work efficiently. If you're well hydrated, your heart doesn't have to work as hard.

Dehydration means your body doesn't have enough water, which can make you feel really thirsty and cause other problems such as dizziness, feeling tired, swollen feet, a headache or even life-threatening illnesses, such as heat stroke.

How much water do you need?

What does being well hydrated mean? The amount of water a person needs depends on the climate, clothing worn and exercise intensity and duration.

A person who sweats a lot will need to drink more than someone who doesn't.
Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have a lot of salt in their sweat and also need to use caution to avoid dehydration.

Some medications can also act as diuretics, or water pills, making you to urinate more and lose more fluid.

Thirst isn't the best indicator that you need to drink. If you get thirsty, you're already dehydrated. The easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids.

If you want to know exactly how much fluid you need, weigh yourself before and after exercise to see how much you've lost through perspiration. It's a particularly good guide for athletes training in the hot summer months.

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For every pound of sweat you lose, that's a pint of water you'll need to replenish. For example, it's not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice.

Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.

Water is best

For most people, water is the best thing to drink to stay hydrated. Some foods can be a source of water, such as fruits and vegetables. Sports drinks with electrolytes may be useful for people doing high-intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts. Avoid fruit juices or sugary drinks, such as soda. They can be hard on your stomach if you're dehydrated. It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.

Drinking water before you exercise or go out into the sun is an important first step.

Otherwise, you're playing catch-up and your heart is straining.

Not just for athletes or exercise

Hydration isn't just important during physical activity. You also need to keep tabs on your water intake if you are:

- Sitting in the sun on a hot or humid day, even if you aren't exercising.
- Someone with a heart condition.
- Over age 50.
- Overweight or obese.
- Traveling.
- Sitting in fast moving dry wind. Think 18% or less humidity.

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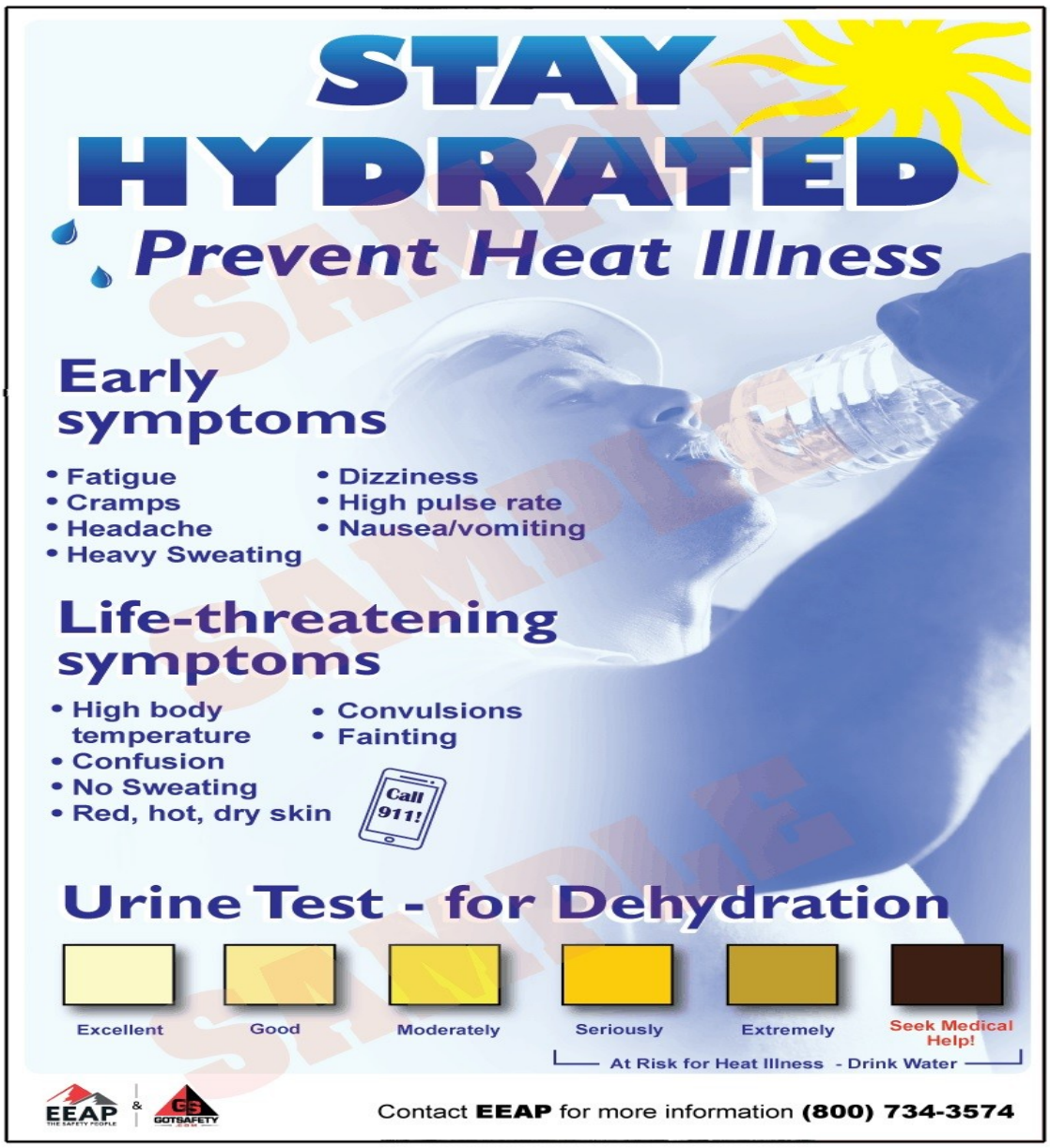

Lets all try to remember to drink water throughout the day!

It is one of the safety items I will be checking for!

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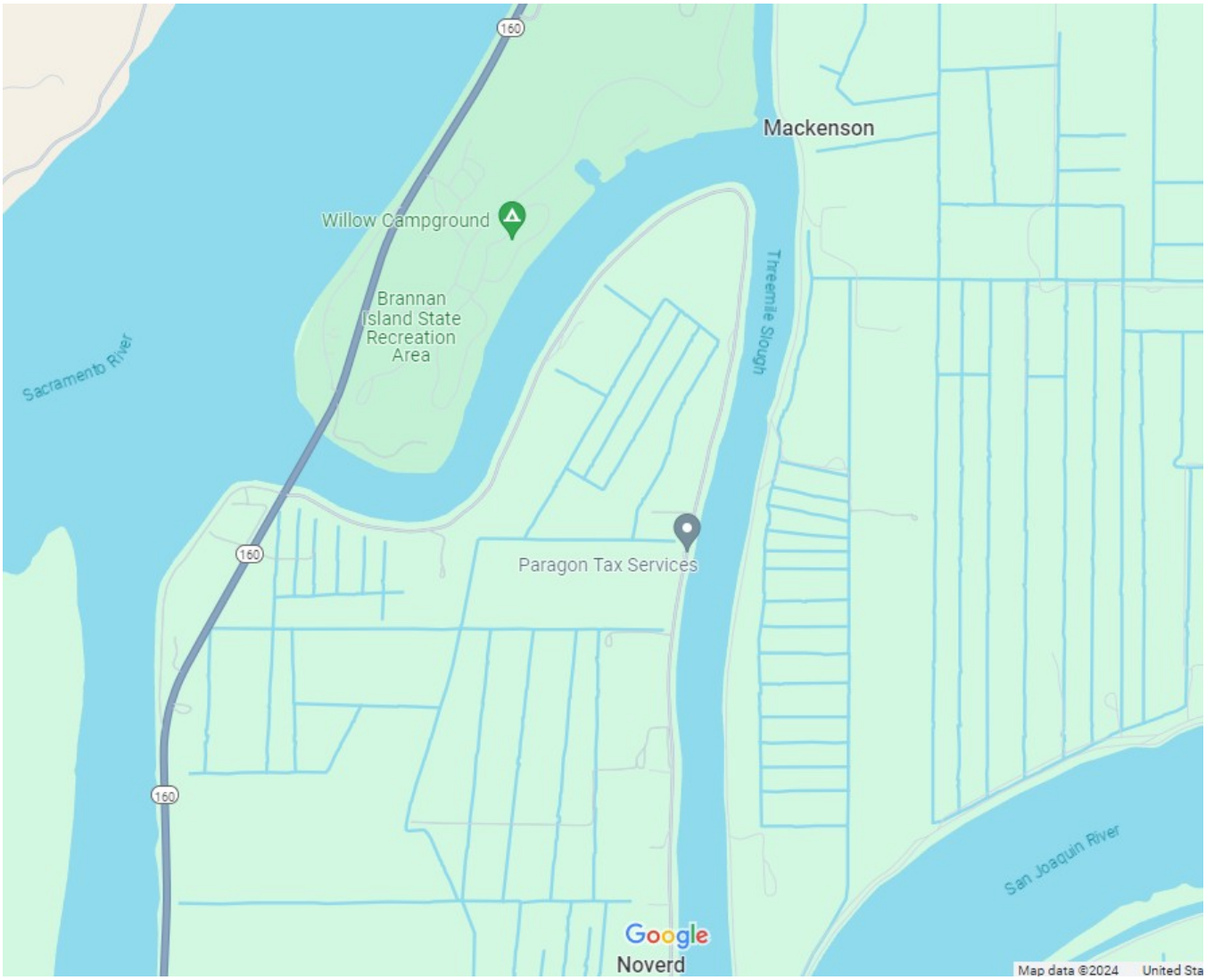
Cold weather

If you think you can't get cold on Brannan Island in the summer, take a good look at this map.



Brannan Island sits between the Sacramento river, Three Mile Slough, the San Joaquin River and WIDE OPEN FARMLAND.

As the sun begins to drop down about 3 - 4 pm, the wind picks up. That wind begins to quickly get cold from moving across those rivers and farmland.

That wind moving across the rivers, chills the wind, and drops the temperatures at the camp grounds quickly. By the night it can be in the low 50's.

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Below is a chart of wind chill.

Wind Chill Chart

Wind (mph)	Temperature (°F)																	
Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

Frostbite Times: 30 minutes, 10 minutes, 5 minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T= Air Temperature (°F) V= Wind Speed (mph)

Effective 11/01/01

This chart only shows for temperatures from 40 degrees and below but even at a temperature in the 50's it can get cold enough to need a jacket and knit hat on Brannan island.

Stay mindful of the fact that the temperature can drop rapidly after 3P.M. and bring some warmer clothes with you.

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Portable Generators and safety when using them!!

We as amateur radio operators use portable generators when we are out in the field to power our radios, lights etc.

Portable generators are safe when used properly.
Some of the simpler safety rules are also common sense rules such as:

Fuel Storage: Never store your fuel right near the generator. An errant spark can ignite the fuel vapors and lead to both an explosion and a wild fire. And this doesn't include the burns you can receive if you are right near it when that explosion occurs. Your fuel should be stored no closer than 10 ft from the generator.

Clearance around the portable generator: The MINIMUM space around your generator that should be protected from an errant spark caused by the generator should be 4 ft on all sides. The easiest way to do this is carry nine 4 x 4 plywood boards 1/8 thick, and place them together around the generator to give yourself the 4x 4 clearance the generator should have. So your board sits in the middle of one 4x4 board and the rest of the boards are placed around that board to give 4 ft all the way around. And yes it should look like a square NOT a cross. Think of it being a giant tic tac toe board

Grounding! Just like our radios, your generator should be properly grounded. For field day this mean a metal rod in the ground at least 3 ft down if possible. You should plan on possibly needing a jake jack to pull the rod back out of the ground. Don't forget to mark the ground rod so you or someone else doesn't trip over it.

Fire extinguishers: You should have a class ABC fire extinguisher at the edge of the boards your generator is on in case the generator should cause a grass fire or should catch fire itself. This fire extinguisher is separate from the camp site, the RV/Camper/tent, and fire pit fire extinguisher and is dedicated to the generator.

Water: should the grass catch on fire you should have at least two 5 gallon buckets of water at the edge of the boards to attempt to slow the spread of the fire. Notice I said slow not stop, two 5 gallon buckets will not be enough water to stop a grass fire but it will give you time to get additional water to the site from others.

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Distance: The distance the generator should be located from the camp site is 10 feet to the edge of the board. This means should a grass fire start it wont be right on top of your camp site.

However this also means you will need to mark all extension cords as a tripping hazard.

Spill kit: you should have a spill kit kept on hand right by the generator in case you spill gasoline while filling the tank or oil while changing it. The spill kit should contain rags and clay cat litter to absorb the liquid spilled. A can should be handy for contaminated rags used if you do have a spill. You should also have a second spill kit kept right by your fuel storage area just as a precaution your gas can smoehow does get knocked over and leak.

Depending upon the brand most generators require the oil to be checked between every 6-8 hours. For field day this means you may need some down time to service the generator while we are in the exercise. You should plan to run your station on an alternate power source while an assistant does the oil check. At the same time you should check your spark arrestor and clean it. If the oil is dark then you should give it an oil change.

Don’t overload your generator! Most generators will shut down if overloaded.

If your generator begins to shut off on its own while it still has fuel, begins to smoke, or spew oil from the back of it, shut it down immediately and stop using it! You may have lost a seal.

Never lay a portable generator on its side to store it or fill the oil when changing it. Oil and gas can get into places they don’t belong and cause serious issues with the generator. If the damage is severe enough you may end up replacing the generator.

Read your owners manual to learn all the features and operating procedures of your generator.

That’s all I have about portable generators.

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Gasoline Safety

This article gives great safety tips about gasoline safety.

Fuel for Thought: How to Handle Gasoline Safely
By jschleifer Jan 31, 2008

Updated: Mar 15, 2016

At any price, gasoline can hurt more than your wallet. This article offers gasoline safety tips to encourage safe handling of this necessary, but dangerous, product.

National Burn Awareness Week takes place each year during the first full week of February. Although a summary of key safety points is available below, addition resources are available at the American Burn Association website. Additional gasoline safety outreach materials are available via the U.S. Fire Administration.

Gasoline Safety Tips

Most gasoline injuries are preventable if gas is properly used and safely stored. Here are some helpful gasoline safety tips from the American Burn Association that you can use to train your family and employees to handle gas with care:

- Don't smoke or use matches, lighters, or other ignition sources anywhere around gas. And remember that gas vapors can travel far from gas containers in enclosed areas.
- Use gasoline only in well-ventilated areas.
- Turn off equipment and let cool before filling the gas tank.
- Never use gasoline to start charcoal on a grill-use proper charcoal starter.
- Never use gas as a cleaning fluid or solvent—or to clean your hands.
- Don't store gas cans in your vehicle.
- Store gas in approved containers, in a cool, well-ventilated area (for example, in a shed or garage but never in the house), and only keep a minimum amount on hand.
- Never use glass or plastic bottles for gasoline storage.

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If Someone Gets Burned

Burns, whether from gasoline or some other source, can be painful and sometimes need medical attention. The American Burn Association recommends seeking medical attention for:

- Burns to the face, hands, feet, genital area, or major joints (knees, elbows, shoulders)
- Chemical and electrical burns
- Burns that cover a large area

Minor burns can usually be treated with first aid on the job or at home by flushing the area with cool water for a few minutes and covering it with sterile dressing from a first-aid kit. *Don't apply ointment, salves, creams, or ice to burns, and never break blisters.*

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Even *Breathing* Gas Fumes Can Be Harmful

Gasoline can also be a health hazard if you inhale concentrated fumes for too long or get it on your skin. Symptoms of overexposure to gas vapors include:

- Respiratory problems such as coughing and trouble breathing
- Rash from skin contact with gasoline
- Irritation or burning in the eyes from gas splashes
- Dizziness
- Weakness, numbness in arms and legs, or burning sensation
- Rapid heart beat
- Nausea or vomiting

If you experience any symptoms from inhaling gas vapors, you should get to fresh air immediately. If symptoms persist, seek medical treatment right away. If you become unconscious from breathing gas vapors, another person should call 911 immediately.

Why It Matters…

According to the National Fire Protection Association:

- Nearly 150,000 fires occurring in the United States every year are caused by gasoline.
- About 500 Americans die every year in gasoline-related fires.
- Flammable liquid fires cause $1.5 billion in direct property damage each year.
- One gallon of gas has the explosive power of 20 sticks of dynamite!

This article kind of makes you think of how much danger there really is in Gasoline.

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This information is courtesy of the USDA Food and Drug Administration

Food Safety While Hiking, Camping

Outdoor activities like hiking, camping, and boating are great ways to boost your mood, take in some fresh air and get a little exercise along the way. In many cases, these activities last all day and involve preparing at least one meal. If the food is not handled correctly, foodborne illness can be an unwelcome souvenir.

General Rules for Outdoor Food Safety

Plan ahead: decide what you are going to eat and how you will prepare it; then plan what equipment you will need.

Pack safely: use a cooler, or pack foods in the frozen state with a cold source.

Whether in the wild or on the high seas, protect yourself and your family by washing your hands with soap and water or bring hand sanitizer that contains at least 60% alcohol before and after handling food.

Raw meats may contain bacteria, so keep raw foods separate from other foods.

Don’t bring perishable meat or poultry products without a cold source to keep them safe.

Bring disposable wipes, hand sanitizer or biodegradable soap for hand- and dish washing.

If using a cooler, leftover food is safe ONLY if the cooler still has ice in it. Otherwise, discard leftover food.

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Food Safety While Hiking & Camping

As you venture out to enjoy the sights and sounds of nature, it's important to plan your snacks and meals based on whether you'll be out for a few hours or several days. One meal and some snacks are all you'll likely need for a short hike but planning meals for a longer hike or camping trip requires more thought.

Backpack weight is often top-of-mind for hikers and campers, who will be choosing foods and supplies that are light enough to carry over long distances. But even expert outdoors enthusiasts may forget about food safety as they plan their adventure.

Hot or Cold?

The first principle is to keep foods either hot or cold.

Most bacteria grow rapidly between 40 °F and 140 °F. This temperature range is known as the "Danger Zone Your goal is to keep food out of that danger zone. Bacteria multiply rapidly at warm temperatures and food can become unsafe if held in the "Danger Zone" for over 2 hours. Above 90 °F, food can become dangerous after only 1 hour.

In direct sunlight, temperatures can climb even higher than that. So, bring along plenty of ice, and keep the food shaded or covered with a blanket. If you can't bring enough ice to keep foods cold, take along only non-perishable, shelf-stable foods.

Because it is difficult to keep foods hot without a heat source (although some insulated casserole dishes will keep things hot for an hour or so), it is best to transport chilled foods. Refrigerate or freeze the food overnight before you depart.

For a cold source, bring frozen gel-packs or freeze some boxed drinks. The drinks will thaw as you hike and keep your meal cold at the same time.

Trying to decide what to bring? For a day hike, just about anything will do if you can fit it in your backpack and keep it cold — sandwiches, fried chicken, bread and cheese, and even salads — or choose non-perishable foods.

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Of course, some foods don't need to be stored in the cooler: whole fresh fruits and vegetables, nuts, trail mix, canned meat spreads, jerky, and peanut butter and jelly. (However, once canned foods are opened, put them in the cooler or dispose of them after 2 hours.)

If you are "car camping" (driving to your site), you have a few more options. First, you will have the luxury of bringing a cooler. There are many options available. Foam chests are lightweight, low cost, and have good "cold retention" power. However, they are fragile and may not last through numerous outings. Plastic, fiberglass, or steel coolers are more durable and can take a lot of outdoor wear. They also have excellent "cold retention" power, but once filled, larger models may weigh 30 or 40 pounds.

To keep foods cold, you'll need a cold source. A block of ice keeps food colder for longer than ice cubes. Before leaving home, freeze store bought gallons of water in milk cartons, and 16 oz water bottles (think of your hydration) to make blocks of ice, or use frozen gel-packs. Fill the cooler with cold or frozen foods. Pack foods in reverse order. First foods packed should be the last foods used.

Ideally, pack your raw meat or poultry in a separate cooler. If you only have one cooler, then be sure to pack your raw meat or poultry below ready-to-eat foods.

Take foods in the smallest quantity needed (e.g., a small jar of mayonnaise). At the campsite, insulate the cooler with a blanket, tarp, poncho or keep it in a shaded area.

When the camping trip is over, discard all perishable foods just to be safe.

"Keep Everything Clean"

The second principle is to keep everything clean. Bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils. This is called cross-contamination.

When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods.

Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry.

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Soap and water are essential to cleanliness, so if you are going somewhere that will not have running water, bring it with you or bring hand sanitizer that contains at least 60% alcohol. You can also use disposable, alcohol-based wipes to sanitize your hands.

Safe Potable Water

It is not a good idea to depend on fresh water from a lake or stream for drinking, meal preparation or cleaning, no matter how clean it appears.

Using filters designed for emergency use can only remove parasites. A professional filter may be able to remove bacteria and viruses, but, NO FILTER CAN REMOVE CHEMICALS FROM WATER.

Bring bottled or tap water for consumption and to help in cleaning. Always start out with a full water bottle and replenish your supply from tested public systems when possible.

What Foods to Bring?

If you are backpacking for more than a day, the food safety situation gets a little more complicated. You can still bring cold foods for the first day, but you'll have to pack shelf-stable items for the next day. Canned goods are safe, but heavy, so plan your menu carefully. Advances in food technology have produced relatively lightweight staples that don't need refrigeration or careful packaging.

For example:
pre-packaged, shelf-stable meals
peanut butter in plastic jars;
concentrated juice boxes;
canned tuna, ham, chicken, and beef;
dried noodles and soups;
beef jerky and other shelf-stable meats;
dehydrated foods;
whole or dried fruits;
nuts;
powdered milk and fruit drinks.

Continued on the next page.

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Powdered mixes for biscuits or pancakes are easy to carry and prepare, as is dried pasta. There are plenty of powdered sauce mixes that can be used over pasta but check the required ingredient list. Carry items like dried pasta, rice, and baking mixes in plastic bags and take only the amount you'll need.

Cooking at the Campsite

After you have decided on a menu, consider how you will prepare the food. You'll want to take as few pots as possible (they're heavy!). Camping supply stores sell lightweight cooking gear that nest together, but you can also use aluminum foil wrap and pans for cooking.

You'll need to decide in advance how you will cook. Will you bring along a portable stove, or will you build a campfire? Many camping areas prohibit campfires, so check first to ensure the food you bring can be properly prepared and will be safe to eat.

Use a Food Thermometer

Another important piece of camping equipment is a food thermometer. If you are cooking meat or poultry on a portable stove or over a fire, you'll need a way to determine when it is done and safe to eat. Color is not a reliable indicator of doneness, and it can be especially tricky to tell the color of a food if you are cooking in a wooded area in the evening.

When cooking, use a food thermometer to measure the temperature. Digital thermometers register the temperature in the very tip of the probe, so the safety of thin foods — such as hamburger patties and boneless chicken breasts — as well as thicker foods can be determined.

A dial thermometer determines the temperature of a food by averaging the temperature along the stem and, therefore, should be inserted 2 to 2 ½ inches into the food. If the food is thin, the probe must be inserted sideways into the food.

It is critical to use a food thermometer when cooking hamburgers. Ground beef may be contaminated with E. coli (E. coli O157:H7 and other Shiga toxin producing E. coli), particularly dangerous strains of bacteria. Illnesses have occurred even when ground beef patties were cooked until there was no visible pink. The only way to ensure that ground beef patties are safely cooked is to use a food thermometer, and cook the patty until it reaches 160 °F. Be sure to clean the thermometer between uses.

Continued on the next page.

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Cook all meat and poultry to safe MINIMUM internal temperatures:

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before slicing or consuming. Be sure to clean the thermometer between uses.

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer. Be sure to clean the thermometer between uses.

Cook all raw poultry (raw or ground) to a safe minimum internal temperature of 165 °F as measured with a food thermometer. Be sure to clean the thermometer between uses.

Heat hot dogs to steaming hot.

Reheat any leftover food to 165 °F as measured with a food thermometer. Be sure to clean the thermometer between uses.

Separate and Cleanup

Bring plenty of clean platters and utensils.
Don't use the same platter and utensils that held raw product to serve cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product.

If using a cooler, **leftover food is safe only if the cooler still has ice in it.** Return cold foods to the cooler, and chill leftovers promptly. Otherwise, discard leftover food.

Find out if your campsite has clean water. If not, you can bring clean water for food preparation, hand-washing, and cleaning utensils. You can also use sanitizers that have at least 60% alcohol content.

Wipe as much food scraps and grease off the plates and utensils as possible.
This will minimize the amount of water you need to clean everything.
Make sure you thoroughly rinse all soap off everything you wash.
Soap and potable water are ideal, disposable wipes and hand sanitizer can be used for sanitizing hands, utensils and surfaces.

Continued on the next page.

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Bag up all trash you generate. Either dispose of it at the proper receptacle at the front of the campgrounds (near the ranger station), or carry it back home and dispose of it there.

With proper planning, preparation and cleaning you can have a very safe and enjoyable camping trip without getting sick.

73

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The Following pages are for EVERYONE Attending Field Day!

The following pages are for EVERYONE planning on attending field day whether or not you are staying overnight or attending just for the day.

The first item right below these 2 informational pages are the ARRL Safety Rules, which are directly from the field day rules. That is where I made most of my safety sheets from. Those forms will mean an easy extra 100 points for the club

There is a page of rules put out by the California State Parks about Brannan Island

Right below that page is the driving instructions coming from Highway 12.

Below that are the safety sheets for your site, whether you are attending for just the day to operate or staying overnight. Please print them out and have them with you at the camp site.

The first nine pages (yes you read that correctly, nine) are the initial site inspection for everyone attending field day for the day or staying overnight, and after that are the six hourly site inspection pages for those coming in for the day or staying overnight camping. You will need those pages printed out.

As you read the initial site inspection pages, you will notice that I indicate several fire extinguishers. One at the camp site, one at the generator, one at the RV/camper/tent and if you are using the fire pit, one at that location as well. They are not movable. Each location DOES need to have its own fire extinguisher. I am a bit stringent about having several in the areas listed. If you have ever seen a wild fire up close and personal (which almost all of you should have, because of the LNU complex fire back in 2020.) you will understand the reason for a fire extinguisher at each of those locations.

I have also included the need for several water buckets in several of those same sites. Again they need to be there. Lets hope that we never need to use any of them but having them is better than not.

Each site should have the pages for the initial site inspection ready for inspection at the beginning of their stay and the safety officer, Stephen KK6ZJC, will come around to sign off on the applicable items.

Continued on the next page.

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The remaining pages will be an hourly inspection by me just to sign off that I was there and everything was still good. I will come around once an hour and just do a quick visual to ensure nothing has changed since the initial inspection. Please keep them in an accessible place for my easy access

We will need the initial site inspection sheets and the hourly inspection sheets as proof of having a safety office at the event for the duration of the event. Please turn both and them in to me when you leave the site or by 11am on June 21st.

I included the medical information we will have to keep on hand as a three page ICS 206 form. That just needs to be posted where we can find it in an emergency. I will probably grab a picture of where you have it when I first come by to do the initial safety check.

Hopefully everyone can understand that I realize what I am asking is a lot, and do what is listed in the sheets without difficulty for their own safety, the safety of visitors and the general safety of the public whom we will be sharing the camp grounds with.

Stephen

KK6ZJC

73

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ARRL Field Day Safety Officer Checklist

To qualify for the 100-point Safety Officer bonus (for Class A stations), a group must appoint a qualified person/s who are present at their site from the beginning of set-up until the end of break-down.

This form is NOT intended to be all inclusive.

The Safety Officer/s certify by submitting this form that due diligence was made to provide a safe operation.

[check (or circle) any/all that apply]

o Safety Officer/s or qualified designated assistant/s was on site for the duration of the event.
o Fuel for generator properly stored.
o Fire extinguisher on hand and appropriately located.
o First Aid kit on hand.
o First Aid - CPR - AED versed else trained participant/s on site for full Field Day period.
o Access to NWS alerts to monitor for inclement weather.
o Tent stakes properly installed and marked.
o Temporary antenna structures properly secured and marked.
o Site secured from tripping hazards.
o Site is set up in a neat and orderly manner to reduce hazards.
o Stations and equipment properly grounded.
o Access to a means to contact police/fire/rescue if needed.
o Safety Officer is designated point of contact for public safety officials.
o Minimize risks and control hazards to ensure no injuries to public.
o As necessary, monitoring participants for hydration and ensuring an adequate water supply is available.

_____ _____

signature(s) / call(s) date

Revised 3/2022

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This is information everyone attending Brannan Island SRA overnight or day only should know about

Brannan Island
State Recreation Area

17645 Hwy. 160 • Rio Vista, CA 94571 • (916) 777-6671

The Sacramento-San Joaquin Delta—a thousand miles of rivers, sloughs, levees, and marshes—has become one of the world's outstanding water recreation areas. At its gateway, Brannan Island State Recreation Area offers year-round camping, picnicking, boating, fishing, and swimming.

PARK FEES are due and payable upon entry into the park. Use the self-registration system if the entrance station is closed. Fees include one vehicle. Extra vehicles will be charged a fee.

Campsite use must be paid for in advance. To hold a campsite you must reserve and occupy it.

OCCUPANCY: Eight people maximum are allowed per campsite.

VEHICLE PARKING: Vehicles may only be parked in your assigned campsite. They must remain on the pavement and must not extend into the roadway beyond the campsite number or limit line. You may park two vehicles in each campsite.

CAMPSITES: Ropes or lines may not be attached to any plant, fence, or park structure. You may attach lines to your property only. It is essential that tents and other equipment be confined to the space assigned. For information on the campsite limits, please ask a ranger or the camp host.

CHECK-OUT TIME is noon. Please vacate your site by that time. Check-in is 2 p.m.

SPEED LIMIT: The maximum speed limit is 15 mph. When pedestrians are present even 15 mph might be too fast. Use good judgment.

DOGS must be kept on a leash no longer than six feet and under human control at all times. They are allowed on paved roads or in your campsite only. Dogs (except for service dogs) are prohibited on all trails and beaches except in designated areas. Pets must be kept inside tents or vehicles during nighttime hours.

QUIET HOURS are from 10 p.m. to 6 a.m. Radios and other sound-producing devices must not be audible beyond your immediate campsite. To ensure an enjoyable experience for everyone, please do not disturb other campers, regardless of the time of day or night.

GENERATORS may only be operated between the hours of 10 a.m. and 8 p.m.

ALCOHOL and glass containers are not allowed beyond your campsite.

FIRES/FIREWOOD: Fires are only allowed in fire rings provided. Collecting dead or downed wood is prohibited. Firewood is available for sale at the camp host site. All fireworks are prohibited.

FISHING regulations are available at **www.dfg.ca.gov.**

LOADED FIREARMS AND HUNTING are not allowed. Possession of loaded firearms or air rifles is prohibited.

BICYCLES are allowed only on paved roads. Bicycle riders under age 18 must wear a helmet. Bicycles ridden after dark must have a light. Please ride safely.

DAY USE offers beach access, restrooms, barbecues, picnic tables, and shade ramadas. Day use is open from sunrise to sunset.

TRASH: Cigarettes, paper, boxes, bottles, ashes, and other rubbish must be placed in designated receptacles. Please clean up after yourself so that others may enjoy the beauty of this park.

NOTE: All natural and cultural features are protected by law and may not be disturbed or removed.

CAMPING RESERVATIONS: You may make camping reservations by calling (800) 444-7275 (TTY 800-274-7275). To make online reservations, visit our website at **www.parks.ca.gov**
ALTERNATE FORMAT: This publication can be made available in alternate formats. Contact **interp@parks.ca.gov**

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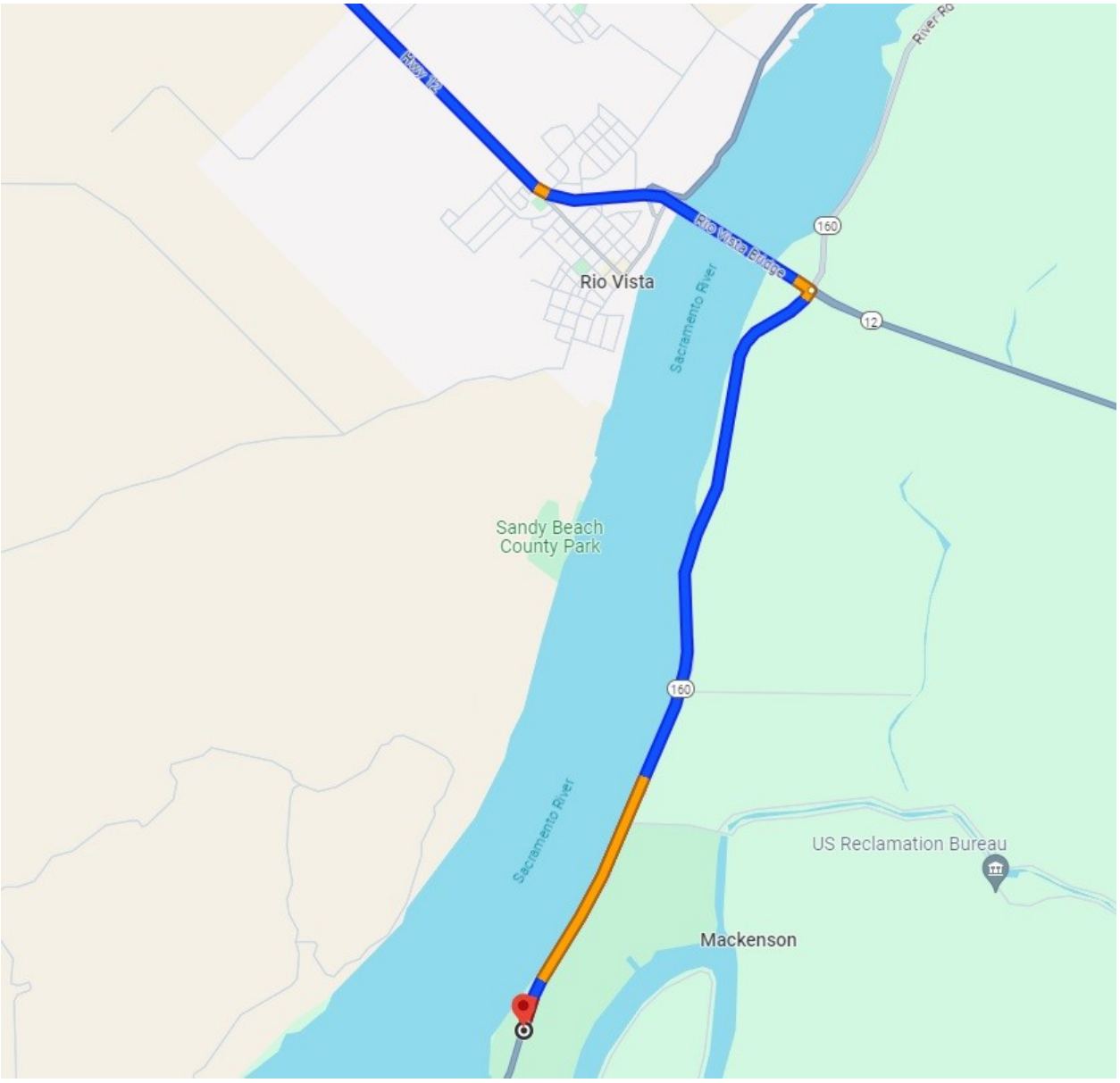
Getting to Brannan Island Campgrounds

Coming from Fairfield, Vacaville, or Susuin, take Highway 12 to Rio Vista (approximately 20 miles from Susuin).

Be advised that highway 12 has a requirement for your headlights to be on during the daylight hours from Susuin to Highway 5. So you will need to make sure you turn your headlights on when you see the Super Walmart at Highway 12 and Walters road.



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Go over the bridge and immediately get into the right lane.

Turn right onto highway 160

Continued on the next page.

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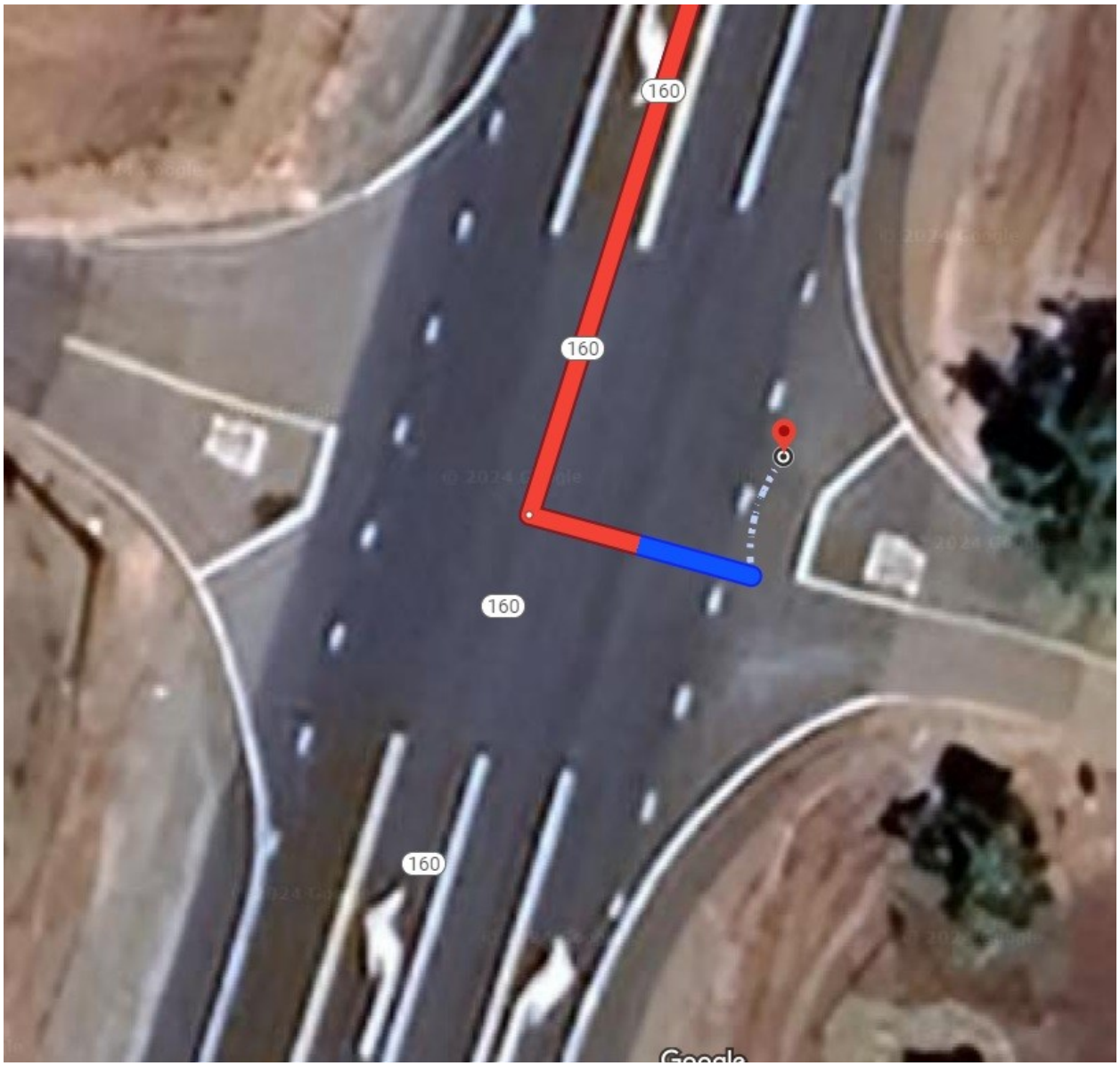
Drive approximately three miles to the entrance of the state park. You should be able to see the bridge near the park as you get near the entrance.



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Street View

What the actual entrance looks like

Continued on the next page.

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Check in at the Ranger Station

Drive to the entrance of Cottonwood camp grounds

Continued on the next page.

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Find your camp site, set up and have fun!!!!

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SAFETY MESSAGE/PLAN (ICS 208)

1. Incident Name: **Field Day 2024**	**2. Operational Period:** Date From:6/21/2024 Time From: 1500 Date To:6/24/2024 Time To: 1200

3. Safety Message/Expanded Safety Message, Safety Plan, Site Safety Plan:

Be aware of vermin that may be in the area

Be aware of thistle and foxtail clumps so you don't twist your ankle.wear sturdy hiking boots.

Watch out for guy lines from antennas, awnings and tents. Make sure they are clearly marked

Make sure tent stakes are clearly marked.

Be aware of the danger heat poses even if you don't feel hot. Drink water, at least 8 oz an hour.

Be observant of people around your area

Watch for fire. There should be several fire extinguishers at each site.

Watch out for each other

At night watch out for excessive cold from winds picking up and sun going down

Be aware of wind gust

4. Site Safety Plan Required? Yes X No _
Approved Site Safety Plan(s) Located At: CAMPSITE AWNING

5. Prepared by:
Name: Stephen Position/Title: SafetyOfficer Signature: _____

ICS 208 Page 1	**IAP Page _____**	Date/Time:_____

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SAFETY MESSAGE/PLAN (ICS 208)

1. Incident Name: **Field Day 2024**	**2. Operational Period:** Date From:6/21/2024 Time From: 1500 Date To:6/24/2024 Time To: 1200

3. Safety Message/Expanded Safety Message, Safety Plan, Site Safety Plan:

Make sure there are minimal tripping hazards in the area and if so they are clearly marked.

Have your Class E hard hat, back brace, work gloves and safety goggles handy and easily accessible in case of an emergency.

If you have a RV or camper with a slide out wall, make sure you mark the area around the slide out so no one can walk into it in the dark

4. Site Safety Plan Required? Yes X No _
Approved Site Safety Plan(s) Located At: CAMPSITE AWNING

5. Prepared by:
Name: Stephen Position/Title: SafetyOfficer Signature: _____

ICS 208 Page 2	**IAP Page _____**	Date/Time:_____

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Trained for first aid/cpr/aed			
Personal first aid kit at camp site			
Site has ICS-206 form posted			
Site has ICS-208 form posted			
Member has hard hat available			
Member has back brace available			
Member has safety glasses available			
Member has work boots available			
Member has work gloves available			
Access to NWS Radio for Inclement Weather			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Generator on site			
Generator sits on a board 4-foot by 4-foot wide around EACH side of the generator, NOT including the generator size itself			
Generator properly grounded, and ground rod is marked as a tripping hazard			
Generator board located 10 ft from camp site. Measured from edge of board			
A spill kit located within 2 ft of generator when filling or doing oil change. Stored at edge of 4ft board when not needed.			
All wires and cords from generator clearly marked as tripping hazard			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Generator fuel stored at least 20 ft from generator, in a spill proof, spark proof container.			
A spill kit located within 2 ft of generator fuel.			
Dedicated Fire extinguisher by the generator, at the edge of the 4ft board, NOT INCLUDING the camp site, RV/Camper/tent, or fire pit, fire extinguisher			
Water buckets at edge of 4ft board, Four 5 gallon buckets minimum, not including the camp site or fire pit buckets.			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Awning ropes properly installed and marked			
Awning stakes properly marked			
Awning weights properly marked			
Awning legs properly marked			
Awning area clear of tripping hazards? cables, coolers, small items etc			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Camper or RV secured correctly with wedges under wheels, stabilizer feet down, properly leveled, steps correctly deployed, hazard cones or roped off area near in wall slide out when extended			
Camper or RV has fire extinguisher inside of it, NOT INCLUDING the campsite, generator, or fire pit fire extinguishers			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Tent ropes properly installed and marked			
Tent stakes properly marked			
Tent has fire extinguisher inside of it, NOT INCLUDING the campsite, generator, or fire pit fire extinguishers			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Camp Site secured from tripping hazards? Coolers, chairs, pots, etc.			
Dedicated Fire extinguisher at camp site. NOT INCLUDING the generator, RV/Camper/tent, or fire pit fire extinguisher			
Water buckets on site Four 5 gallon buckets minimum, not including the generator, fire pit buckets or if buckets are used to hold the awning down not including those.			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
State fire pit has 4 ft of clearance around it			
State fire pit has spark arresting screen			
NOT using a PERSONAL fire pit, that you brought in.			
Dedicated Fire extinguisher at fire pit site. NOT INCLUDING the generator, RV/Camper, Fire Pit, or camp site fire extinguisher			
Water buckets on site Four 5 gallon buckets minimum, not including the buckets for the camp site or generator			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Initial Site Inspection

Site number_____ Member Name_____Call Sign_____

Time_____ Date_____

Description	Notes	Safety Officer Initals	Member Initials
Radios are grounded properly			
Station set up for ease of access			
Power cords not a tripping hazard or marked as a tripping hazard			
Coax Cables marked as tripping hazard			
Guy lines marked as tripping or choking hazard			
Antenna structures properly secured and marked			
Antenna counter poise wires, clearly marked and connected using a quick disconnect to prevent tripping.			

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Hourly Safety Inspection

Site number_____ Member Name_____Call Sign_____

Date_6/21/2024_ Time From_1400_ To_2359_

Time	Notes	Properly Hydrating	Safety Officer Initals

MAKE SURE THE GENERATOR IS TURNED OFF BY 2000 HOURS

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Hourly Safety Inspection

Site number_____ Member Name_____Call Sign_____

Date_6/22/2024_ Time From_0000_ To_1159_

Time	Notes	Properly Hydrating	Safety Officer Initals

MAKE SURE GENERATOR IS NOT STARTED BEFORE 1000 HOURS

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Hourly Safety Inspection

Site number_____ Member Name_____Call Sign_____

Date_6/22/2024_ Time From_1200_ To_2359_

Time	Notes	Properly Hydrating	Safety Officer Initals

MAKE SURE THE GENERATOR IS TURNED OFF BY 2000 HOURS

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Hourly Safety Inspection

Site number_____ Member Name_____Call Sign_____

Date_6/23/2024_ Time From_0000_ To_1159_

Time	Notes	Properly Hydrating	Safety Officer Initals

MAKE SURE GENERATOR IS NOT STARTED BEFORE 1000 HOURS

IF LEAVING ON SUNDAY, MAKE SURE SITE IS VACATED BY 1130 HOURS

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Hourly Safety Inspection

Site number_____ Member Name_____Call Sign_____

Date_6/23/2024_ Time From_1200_ To_2359_

Time	Notes	Properly Hydrating	Safety Officer Initals

MAKE SURE THE GENERATOR IS TURNED OFF BY 2000 HOURS

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W6VVR 2024 Field Day Site Safety Sheet
Brannan Island Campgrounds
Hourly Safety Inspection

Site number_____ Member Name_____Call Sign_____

Date_6/24/2024_ Time From_0000_ To_1130_

Time	Notes	Properly Hydrating	Safety Officer Initals

MAKE SURE GENERATOR IS NOT STARTED BEFORE 1000 HOURS

MAKE SURE SITE IS VACATED BY 1130 HOURS

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MEDICAL PLAN ICS 206

Incident Name:	**Operational Period:**
Field Day 2024	Date From: 06/21/2024 To: 06/24/2024 Time From: 1500 To: 1200

1. Medical Aid Stations:			
Name	Location	Contact Number(s)	Paramedics on Site?
Park ranger	Campground Entrance	(916) 777 4004	Yes No X
	24-hour EMERGENCY NUMBER, You MUST call this number	(925) 316 5181	Yes No X
Rio Vista Fire Department	50 Poppy House Rd Rio Vista CA 94571	(707) 374 6366	Yes X No
			Yes No

2. Transportation (indicate air or ground)**:**			
Ambulance Service	Location	Contact Number(s)	Level of Service
Rio Vista Fire Department	50 Poppy House Rd Rio Vista CA 94571	(707) 374 6366	ALS BLS X
			ALS BLS

Prepared by (Medical Unit Leader)**:** Name:_____ Signature:_____

Approved by (Safety Officer)**:** Name: __Stephen__ Signature:_____

ICS 206 PAGE 1	**IAP Page _____**	Date/Time: _____

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MEDICAL PLAN ICS 206

Incident Name:	**Operational Period:**
Field Day 2024	Date From: 06/21/2024 To: 06/24/2024 Time From: 1500 To: 1200

3. Hospitals:

Hospital Name	Address, Latitude & Longitude if Helipad	Contact Number(s)/ Frequency	Trauma Center	Burn Center	Heli pad
Sutter Delta Hospital	3901 Lone Tree Way Antioch, CA, 94509	(925) 779 7200	____Yes Level:___	☐ Yes ☐ No	☐ Yes ☐ No
Kaiser Hospital	4501 Sand Creek Road,Antioch, CA, 94531	(925) 813 6500	____Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No
North Bay Medical Center	1200 B Gale Wilson Blvd Fairfield, CA 94533	(707) 646 5000	____Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No
			____Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No
			____Yes Level:_____	☐ Yes ☐ No	☐ Yes ☐ No

Prepared by (Medical Unit Leader)**:** Name:_____ Signature:_____

Approved by (Safety Officer)**:** Name: __Stephen__ Signature:_____

ICS 206 **PAGE 2**	**IAP Page _____**	Date/Time: _____

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MEDICAL PLAN ICS 206

Incident Name:	**Operational Period:**		
Field Day 2024	Date	From: 06/21/2024	To: 06/24/2024
	Time	From: 1500	To: 1200

4. Special Medical Emergency Procedures:
As per the park ranger – in a medical emergency you MUST call (925) 316 5181 so they may open the gate for the emergency services.

Rio Vista is the responding Fire Department and Ambulance Service. You call them in an emergency.

Rio Vista Fire Department stated they transport to either Sutter Delta Hospital in Antioch, Kaiser Foundation Hospital in Antioch or North Bay Hospital in Fairfield
,
☐ Check box if aviation assets are utilized for rescue. If assets are used, coordinate with Air Operations.

Notes: I contacted the park ranger about if there was an emergency how they handle it.
I was advised you must call (925) 316 5181 for emergencies.
I was advised they open the gate 24/7 for emergency traffic. They also advised me Brannan Island is part of Rio vista and the Rio Vista fire department responds.

I contacted the Rio Vista Fire department non emergency number about what hospitals they would use for an emergency at the camp grounds and was advised that the listed hospitals are the ones they would use.

Prepared by (Medical Unit Leader)**:** Name:_____ Signature:_____

Approved by (Safety Officer)**:** Name: __Stephen__ Signature:_____

ICS 206 **PAGE 3**	**IAP Page _____**	Date/Time: _____

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A word about safety.

These are the official ARRL field day rules about safety and the bonuses we can receive for them.

7.3.17 Safety Officer Bonus: A 100-point bonus may be earned by having a person serving as a Safety Officer for those groups setting up Class A stations. This person must verify that all safety concerns on the Safety Check List (found in the ARRL Field Day Packet) have been adequately met. This is an active bonus – simply designating someone as Safety Officer does not automatically earn this bonus. A statement verifying the completion of the Safety Check List must be included in the supporting documentation sent to ARRL HQ in order to claim this bonus. **Available to Class A entries only.**

7.3.18. Field Day Responsibilities Bonus (new for 2024): A 50-point bonus may be earned by having a person ensure that the Field Day site is free of hazards, and that safety precautions have been taken throughout the entire event, as well as providing a point of contact to the visiting public or served agency officials. A signed copy of the Field Day Responsibilities Check List must be included in the supporting documentation sent to ARRL HQ in order to claim this bonus. **Available to Class B, C, D, E, or F entries.**

As you see in all the safety list I made, I am concerned about tripping hazards, fire, people getting dehydrated, or other types of injuries.

I broke the list down by areas such as the campsite, awnings, the generator (which has two pages), tents, rv/campers, first aid, and the radio station itself

There is a list also included for standard safety items with them such as a hard hat, safety glasses, a back brace for when you are lifting things, work boots, and work gloves. Those items should be kept on a table near your operating area in cans you need them quickly.

Those few items will go a long, long, way to prevent injuries that can cause a lifetime of suffering and pain.

I am also expecting that all club members will help each other as antennas are raised so everything does go smoothly Spotters can be watching for snagged lines, people moving into the vicinity etc.

Continued on the next page.

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Food storage is an issue as well for those who are doing their own cooking and relying on coolers. No one wants to come home from field day with food poisoning.

Fire from generators is always a risk and for that reason I am asking for a fire extinguisher to be right near the generator, water buckets, and a spill kit.

You should also have the same three items near your fuel which is stored away from the generator, and another set of water buckets and fire extinguisher at the camp site itself.

Of course the obvious ones such as marking guy lines so they can be seen at night with a pool noodle as Mike did last year or caution tape tied onto it at SEVERAL spots so someone can see the angle it is at. And of course the stakes need to be marked as well.

I take safety very seriously which is the reason I ask for so much and am willing to do hourly checks to ensure everyone is safe.

Stephen
KK6ZJC

73

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Recurring Club Meetings and Events

This is a listing all events of the club that repeat monthly

The club net is on June 4, 11, 18, 25, at 2000 hours using the W6VVR Repeater

The club meeting is June 13th at 1900 hours using the Vacaville Nut Tree Airport Meeting Room

The club Cow Town casual QSO is on June 6, 13, 20, 27 at 1030 hours on the W6VVR Repeater.

Saturday June 15th at 1900 hours KK6ZJC will be using zoom to practice passing messages.

Anyone wishing to join in contact KK6ZJC by email at coffeeholic1a@yahoo.com.

Please put ECOMM TRAINING ENQUIRY in the subject. I will generally check right up through Saturday night about 1830 hours local time.

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Special Club Meetings and Events

I am listing all special events the club is looking for volunteers to assist in as well as fox hunts or events out of the ordinary.

Of course we all know about the biggest event this month FIELD DAY! June 22-23.

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Contest for June

Below is link to a great contesting website by fellow Amateur Radio Operator Bruce Horn, WA7BNM

https://contestcalendar.com/

The calendar list contest in multiple ways.

It is easy to use and regularly updated.

Hope that it helps you with your contesting!

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The Club Repeater(s)

The Vaca Valley Radio Club sponsors repeaters on several bands.
The club provides some financial support, but the owners provide a substantial portion of the cost of their operation.
The efforts of the owners are greatly appreciated.

The main repeater for the club is:

Call Sign: W6VVR
Output Frequency: 145.470MHz
Input Frequency: 144.870MHz
CTCSS tone (P.L.): 127.3Hz
Offset Frequency: 600KHz
Offset Direction: Minus

Vaca Valley Radio Club Sponsored Repeaters
As Of November 1, 2023

Rptr Out	Offset	P.L.	Call/ Location	Linked Repeaters
145.470	Minus 600 KHz	127.3	W6VVR Mt Vaca	Linked to 441.650 MHz
440.025	Plus 5 MHz	127.3	WV6F Mt Vaca	
441.650	Plus 5 MHz	100.0	N6VLF Fairfield	Linked to 145.470 MHz
145.140	Minus 600 KHz	77.0 DG-ID 00-00	Moderate level	Can operate Yaesu Fusion AMS Can be linked to 145.470 MHz or 441.650 MHz

Visitors are welcome to use the repeaters.

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EchoLink and AllStar Nodes

The Vaca Valley Radio Club operates both an EchoLink and an Allstar Nodes that link to the clubs main repeater on 145.470 MHz on top of Mt Vaca.

NOTE: EchoLink is UP, Allstar node is UP.

Call Sign: W6VVR

EchoLink Node 454312 W6VVR-R

Allstar Node 51094

Visitors are welcome to use the nodes.

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2024 Officers:

President:	Servando Miramontes	K6SRV
Vice President:	Dan Martin	N6ETR
Treasurer:	Brian Steinberg	KB0A
Secretary:	Mike Rodgers	KN6MIO

2024 Board of Directors:

Art Aronsen	WD6BQX
Chris Swanson	KJ6DLF
Mike Gregory	WB6WYF
Will Shaffer	W6SRX

Net Control Operators

1st Week Of The Month	Bob Hawkins	KM6BXZ
2nd Week Of The Month	Chris Swanson	KJ6DLF
3rd Week Of The Month	Frank Garay	KJ6RWQ
4th Week Of The Month	Dan Martin	N6ETR
5th Week Of The Month	Dan Martin	N6ETR

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VOLUNTEER POSITIONS:

Membership	Bryan Steinberg	KB0A
Repeater Trustee	Brian Hagen	KK6BXP
Repeater Committee Chair	Brian Hagen	KK6BXP
Newsletter Editor	Stephen Bartels	KK6ZJC
Webmaster	Bryan Steinberg	KB0A
Net Control Coordinator (Filled by the Vice President as per the Club Constitution)	Dan Martin	N6ETR
Activities Committee Chair	Don Preston	KM6INR
Monthly Message Passing Practice Net	Stephen Bartels	KK6ZJC
Foxhunt Coordinator		
Bicycle Events Coordinator		
Parade Events Coordinator		
Winter Field Day Committee		
Dixon Mayfair Parade		
June Field Day Committee		
Merriment on Main		
December Meeting		

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Volunteer Positions (Continued)

Winlink Committee Chair

FL-Digi Committee Chair

Arden Committee Chair

We still have numerous committees that need chairpersons and volunteers for the upcoming year (2024). (See the list above.) They need to be filled for the upcoming year by younger volunteers and those with experience to guide the club forward into the future.

This is your club. You can make it a great club by participating in meetings, events, and nets, or you can watch the club wither away and die from lack of participation by ALL members.

It is in your hands, are you going to watch the club end or are you going to jump in and help steer the club forward to the future?

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Vaca Valley Radio Club, Inc

Membership Application/Renewal Form

June 2024 Dues are payable annually.

New Members Please Fill in All Fields Completely
Renewing Members Please Provide Name and Call Sign, Other Fields *Only if there are changes*

Member Information

FCC Name:_____

Street:_____

Street 2:_____

City:_____

State:_____ Zip-Code+4:_____

Home Phone:_____

Cell Phone:_____ * MUST INCLUDE WILL BE KEPT CONFIDENTIAL

Call Sign:_____

License Class:_____

ARRL Member?_____

ARRL Member No:_____

Name Badge Name_____

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Family Member (Spouse or Children) FCC Name:_____ Call Sign:_____ License Class:_____ ARRL Member?_____ ARRL Member No:_____ Name Badge Name_____	Family Member (Spouse or Children) FCC Name:_____ Call Sign:_____ License Class:_____ ARRL Member?_____ ARRL Member No:_____ Name Badge Name_____
Family Member (Spouse or Children) FCC Name:_____ Call Sign:_____ License Class:_____ ARRL Member?_____ ARRL Member No:_____ Name Badge Name_____	Family Member (Spouse or Children) FCC Name:_____ Call Sign:_____ License Class:_____ ARRL Member?_____ ARRL Member No:_____ Name Badge Name_____
Family Member (Spouse or Children) FCC Name:_____ Call Sign:_____ License Class:_____ ARRL Member?_____ ARRL Member No:_____ Name Badge Name_____	Family Member (Spouse or Children) FCC Name:_____ Call Sign:_____ License Class:_____ ARRL Member?_____ ARRL Member No:_____ Name Badge Name_____

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Payment Information

Member Dues: $25.00 _____

Additional Family Members: $2.00 _____

Student: $5.00 _____

Repeater Donation: _____

Field Day Donation: _____

December Holiday Dinner Donation _____

Total:_____$_____

Paid by Check: $_____

Check number: _____

The Donation fields are the items that can deplete the clubs funds rapidly. Any assistance is appreciated.

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Directions To the Monthly Meeting from Fairfield, Suisun City And Other Areas West of Vacaville

Coming from Fairfield: Take Highway 80 East Bound. Take exit 55 Nut Tree Parkway / Allison Drive. Stay to the left and enter the right left turn lane

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Turn left from the right turn lane and stay in the right lane. Be careful not to get back on the highway entrance.

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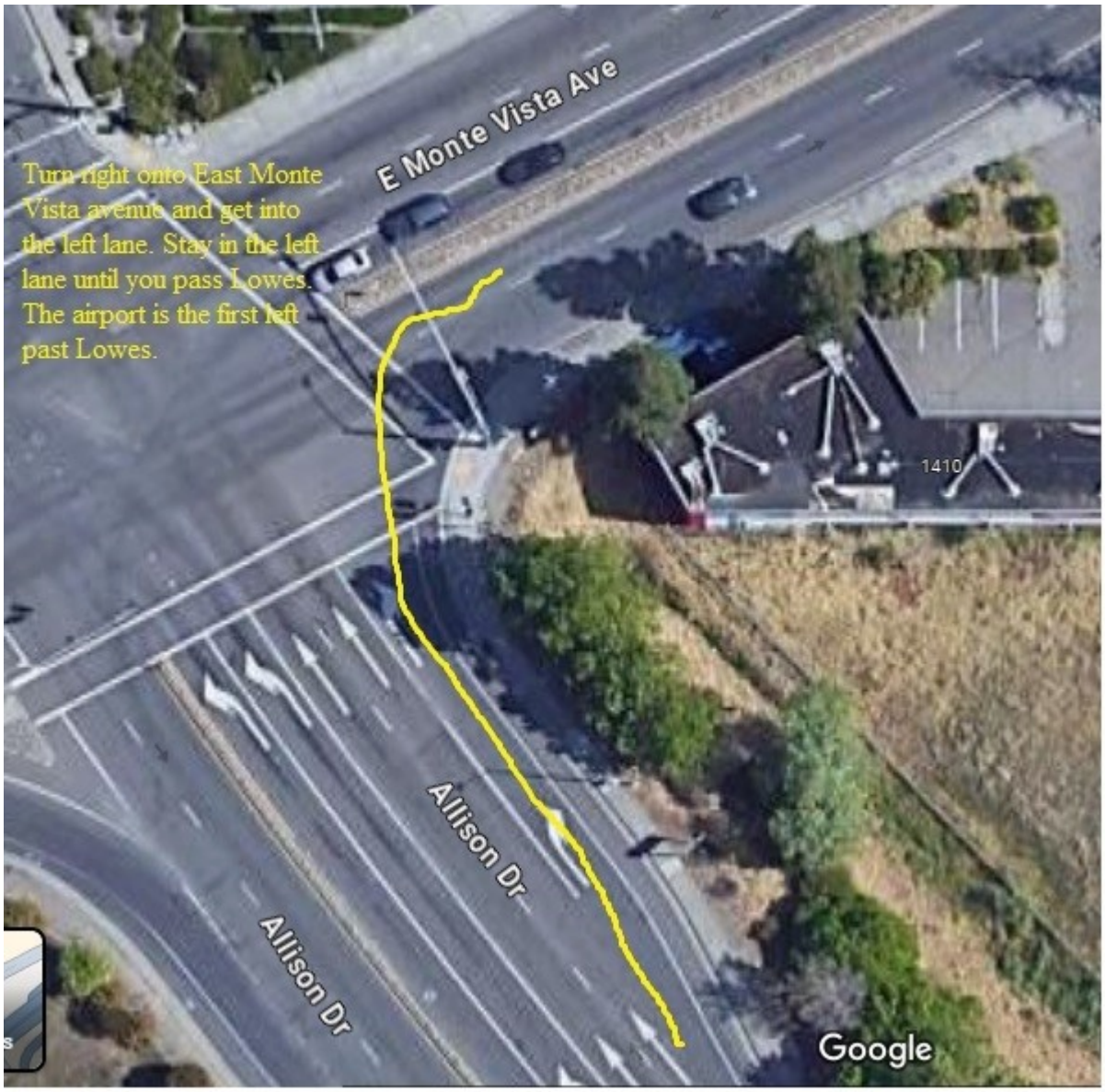
Go over the overpass and make the right turn onto East Monte Vista Avenue.



Get in the left lane of E Monte Vista Avenue and drive East until you pass Lowes.

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The airport is immediately past the Lowes Parking lot.

Turn left and drive to the airport parking lot on your right.

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Directions To The Monthly Meeting From Dixon, Sacramento And Other Areas East of Vacaville

Coming West from Dixon take the E Monte Vista Avenue exit, (exit 55)

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Take the Right turn Lane at the exit

Stay in the right lane until the light.
At the light turn Right and get into the left lane.

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Get into the left lane and drive East until you see Lowes.
The airport is immediately past the Lowes parking lot

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,

Turn left and drive to the airport parking lot on your right.

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